



COVID-19 GUIDANCE FOR ALL MEMBERS OF THE CLUB - updated October 2021

Coronavirus remains a serious health risk and case numbers are rising across the UK. COVID-19 will be a feature of our lives for the foreseeable future and Government guidance continues to be that it is everyone's personal responsibility to protect themselves and others from Covid-19. You should therefore stay cautious to help protect yourself and others, particularly in winter. Getting fully vaccinated is the best way of protecting you and others against COVID-19.

Do not come to the club if you are experiencing any Covid-19 symptoms or if you have been required to self-isolate/quarantine or if you are awaiting the results of a PCR test. If you have been at the club and subsequently test positive for Covid-19, please inform Adam at the earliest opportunity so that we can inform the membership.

If you develop Covid-19 symptoms, you should self-isolate at home immediately while you get a PCR test and wait for the results. You must self-isolate if you test positive. You must self-isolate from the day your symptoms started and the next 10 full days, or from the day your test was taken, if you do not have symptoms and the next 10 full days. This is the law, regardless of whether you have been vaccinated. Self-isolating is important because you could pass the infection on to others, even if you do not have symptoms. You must stay at home for the full amount of time you are told to, because this is the period when the virus is most likely to be passed on to others. You must also self-isolate if you are told to do so by NHS Test and Trace.

Wash/sanitise your hands before coming to the club and on entry/departure - avoid touching surfaces unnecessarily. Where possible, avoid touching your eyes, nose and mouth.

Socialising is permitted before/after matches or coaching. Always give people space - let fresh air in if you meet indoors. Meeting outdoors is safer.

Using the NHS COVID-19 app helps stop the spread of the virus by informing you that you have been in close contact with someone who has since tested positive for COVID-19, even if you do not know each other. You can also use it to check in to the club with the NHS QR code and receive advice if there has been an outbreak.

The bar, kitchen and water fountains (for filling personal bottles only) are open. Ensure you give people space in the kitchen/bar.

The changing rooms/showers are open, but give people space and if necessary, wait if the changing rooms are crowded.

Tennis members should enter the courts via the side gate, but use the tennis court door to fob for their courts. If access to the club is required, please remember to remove/change your shoes, even if you are just using the toilets.

Face coverings are recommended when the clubhouse is crowded and in situations where you may come into contact with people you do not normally meet.

Guests are allowed to play/socialise, but please advise them of our Covid-19 guidance.